

# Some risks of drinking and drug use during pregnancy

## Fetal alcohol spectrum disorders

(alcohol)

## Birth defects

(alcohol, marijuana, cocaine, opiates)

## Low birth weight

(alcohol, marijuana, cocaine, opiates, meth)

## Miscarriage

(alcohol, cocaine)

## Premature birth

(alcohol, marijuana, cocaine, opiates, meth)

## Development and behavior problems

(alcohol, marijuana, opiates, meth)



Readiness ruler



## Steps of the brief intervention

### Raise the subject

- “Thank you for completing this questionnaire - is it ok with you if we review your results?”
- “Can you tell me more about your past/current drinking or drug use? What does a typical week look like?”

### Provide feedback

- “Sometimes patients who give similar answers on this questionnaire are continuing to use drugs or alcohol during their pregnancy.”
- “I recommend to all my pregnant patients not to use any amount of alcohol or drugs, because of the risks shown on the front of this page.”

### Enhance motivation

- “What do you like and what are you concerned about when it comes to your substance use?”
- “On a scale of 0-10, how ready are you to avoid drinking/using altogether? Why did you pick that number rather than a \_\_\_\_ (lower number)?”

### Negotiate plan

- Summarize conversation. Then: “What steps do you think you can take to reach your goal of having a healthy pregnancy and baby?”
- “I hope we can check in about this next time - can we schedule a date?”

Oregon hotline that quickly identifies treatment resources for patients experiencing a substance use disorder:

**1-800-923-4357**

## Interpreting the 5Ps screening tool

Answers	Zone	Indicated action
“No” to all substance use questions	Low risk	Positive reinforcement
“Yes” to Parents	Risky	Review risk
“Yes to Peers questions		Perform brief intervention or referral
“Yes” to Partner, Past or Present questions	Harmful or Severe	Refer for further assessment and possible specialized treatment

## Billing codes

Screening only	
Commercial & Oregon Medicaid	CPT 96160
Medicare	G0442
Screening plus brief intervention	
Commercial & Oregon Medicaid	≥15 min: CPT 99408 ≥30 min: CPT 99409
Medicare	≥15 min: G0396 ≥30 min: G0396